



2024 NFHS GIRLS LACROSSE RULES POWERPOINT

National Federation of State
High School Associations



Rules Changes
Editorial Changes
Points of Emphasis

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- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,500 high schools and 12 million student participants.
 - Writes playing rules for 17 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



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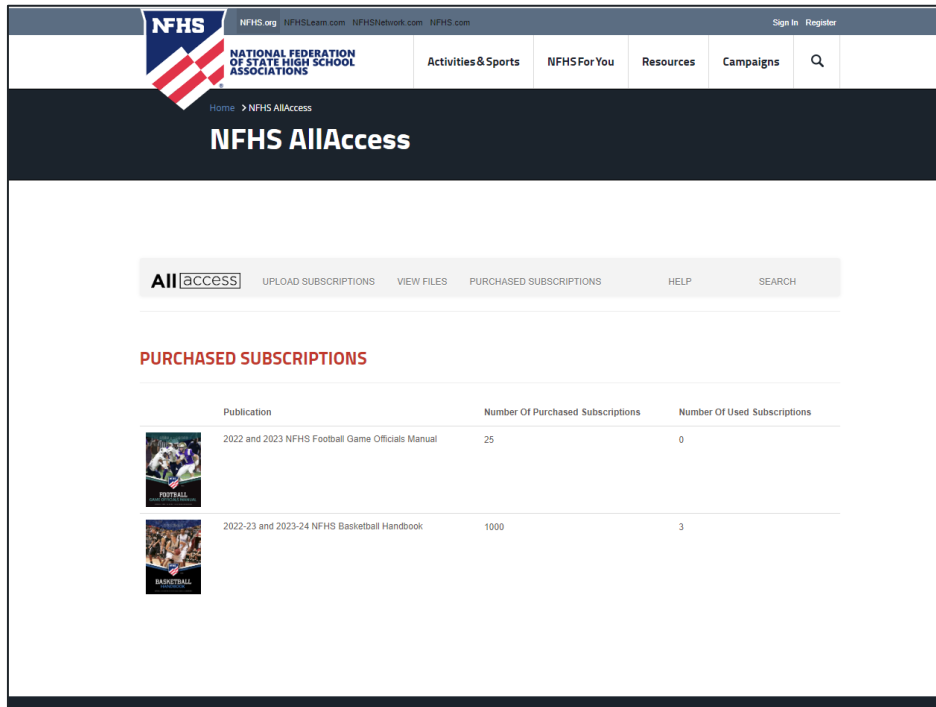


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS



- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NEW NFHS AllAccess – WEBSITE



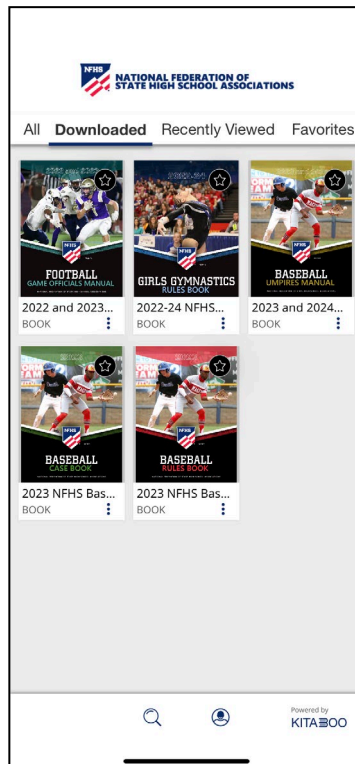
The screenshot displays the NFHS AllAccess website. At the top, there is a navigation bar with the NFHS logo and links for NFHS.org, NFHSLearn.com, NFHSNetwork.com, and NFHS.com. Below this is a secondary navigation bar with links for Activities & Sports, NFHS For You, Resources, and Campaigns, along with a search icon. The main header area features the text 'Home > NFHS AllAccess' and 'NFHS AllAccess'. Below the header is a sub-navigation bar with 'AllAccess' and links for 'UPLOAD SUBSCRIPTIONS', 'VIEW FILES', 'PURCHASED SUBSCRIPTIONS', 'HELP', and 'SEARCH'. The main content area is titled 'PURCHASED SUBSCRIPTIONS' and contains a table with the following data:

Publication	Number Of Purchased Subscriptions	Number Of Used Subscriptions
 2022 and 2023 NFHS Football Game Officials Manual	25	0
 2022-23 and 2023-24 NFHS Basketball Handbook	1000	3

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Rules Changes

2024 NFHS GIRLS LACROSSE





CROSSE INSPECTION – STICK CHECKS 2-4-5

- Stick checks may be requested during any stoppage of the game clock, including immediately following goals in regulation and overtime periods.
- Stick check requests **must** be made **before** the official's hand is in contact with both centers' sticks for the draw.



Rationale: Provides clarity to when the cutoff is for a stick check without interrupting the draw process.



GOALKEEPER EQUIPMENT 2-6-1

- The goalkeeper **must** wear shorts or pants manufactured with integrated protective padding.

Rationale: Clarifies the requirements of thigh padding for the protection of goalkeepers.





PERSONAL EQUIPMENT – TOOTH AND MOUTH PROTECTORS 2-7-1

- Tooth and mouth protector rules were reorganized to align with other NFHS sports requiring the use of tooth and mouth protectors.
- Restrictions related to color and graphics were eliminated.
- It is still a requirement that field players wear mouth protectors without protruding tabs.

Rationale: Creates consistency and follows NFHS Sports Medicine Advisory Committee’s recommendation for tooth and mouth protector guidelines.





PERSONAL EQUIPMENT – COMPRESSION SHIRTS

2-7-4 NOTE, 2-9-5

- Field players may wear compression shirts that meet the NOCSAE ND200 lacrosse standard at the time of manufacture.
- Compression shirts that meet the NOCSAE ND200 lacrosse standard are not required to meet the color restrictions of visible undergarments.

Rationale: Allows field players to wear protective padding intended to prevent commotio cordis.

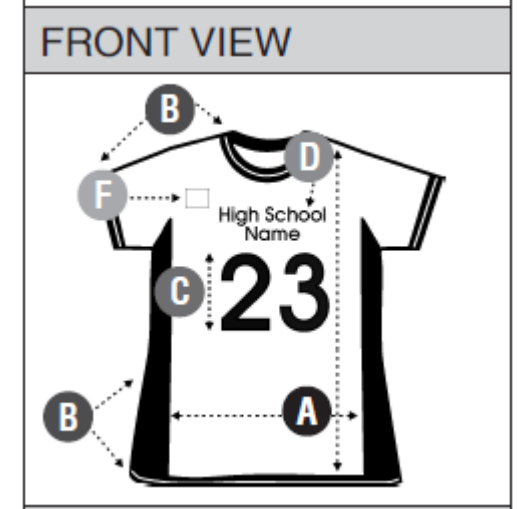
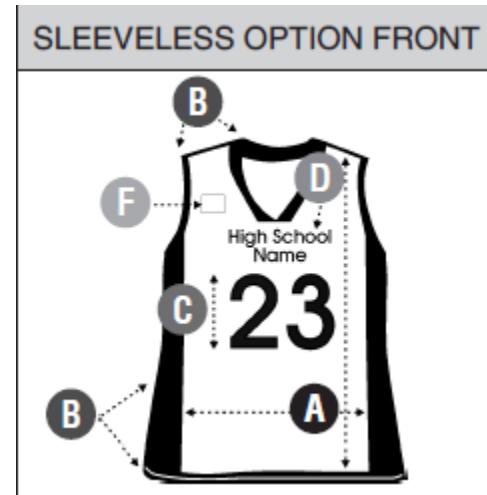


UNIFORMS – IDENTIFYING NAMES

2-9-4e

- Only school-related or player-identifying names will be allowed above the number on the team jersey beginning in 2027
 - School related names include:
 - Schools name
 - Nickname
 - Logo
 - Mascot

Rationale: Creates consistency in uniform rules among NFHS sport rules.



D TEAM REFERENCES

1. The school's name, nickname, logo, mascot and/or team member's name are permitted.
2. Team reference, if used, must be placed above the numbers on the front and/or back of the jersey.

NOTE: Non-compliant identifying marks/names will be illegal beginning January 1, 2027.



DURATION OF PLAY – QUARTERS

4-1-1

- The maximum regulation playing time is now 48 minutes divided into four 12-minute quarters.
- Teams are given two minutes between quarters.
- Halftime will remain 10 minutes, but may be less than 10 minutes if agreed upon by the coaches prior to the start of the game.
- Players must change ends between quarters.

Rationale: Allows coaches to provide instruction more frequently.

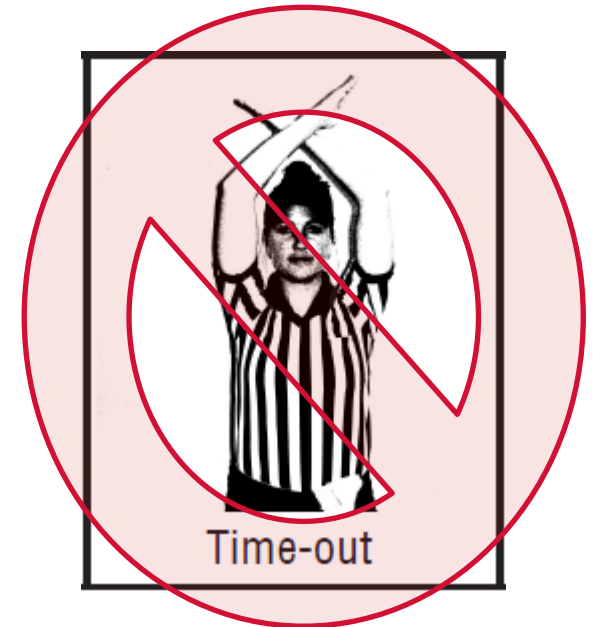




OFFICIAL TIME-OUTS 4-2-2 EXCEPTION

- When the 10-goal rule is in effect, no official time-out should be called for **an offside foul, an inadvertent whistle, or alternate possession** in addition to a redraw, or when there is a foul in the critical scoring area during the last two minutes of each half.

Rationale: Allows the clock to run in these situations when the 10-goal rule is in effect.





OFFICIAL TIME-OUTS

4-2-3

- Coaches may provide instruction to their players during an injury time-out.

Rationale: Allows coaches to address their players during an injury time-out and eliminates the need for officials to monitor coach/player interactions for potential coaching during this time.





RESTARTING PLAY - SELF START 5-4-1

- Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position **no longer needs to come to a stop and settled stance** and may continue the course of play without waiting for an additional whistle.

Rationale: Improves the flow of play and reduces a potential advantage created when the defense has time to setup while the attack player must stop for the free position.





RESTARTING PLAY - FALSE START 5-4-5 & 10-1j

- When a player self-starts outside of the critical scoring area when self-start is not an option officials will now reset play.
- It is **no longer a false start penalty**.

Rationale: Eliminates assessment of a major foul for self-starting outside the critical scoring area when it is not an option.



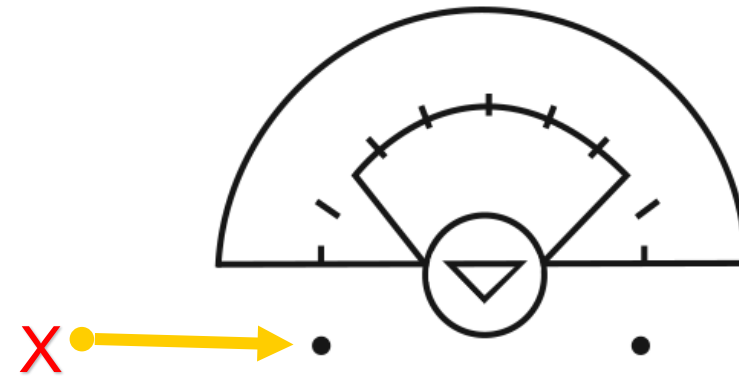


MAJOR FOULS - THREE SECONDS PENALTIES

10-1y

- A free position is awarded at the closest dot for a three-second violation when the spot of the ball is outside the critical scoring area and below the goal line extended.

Rationale: Adds clarity and consistency to the rules for three-second violations.



Three-second Rule



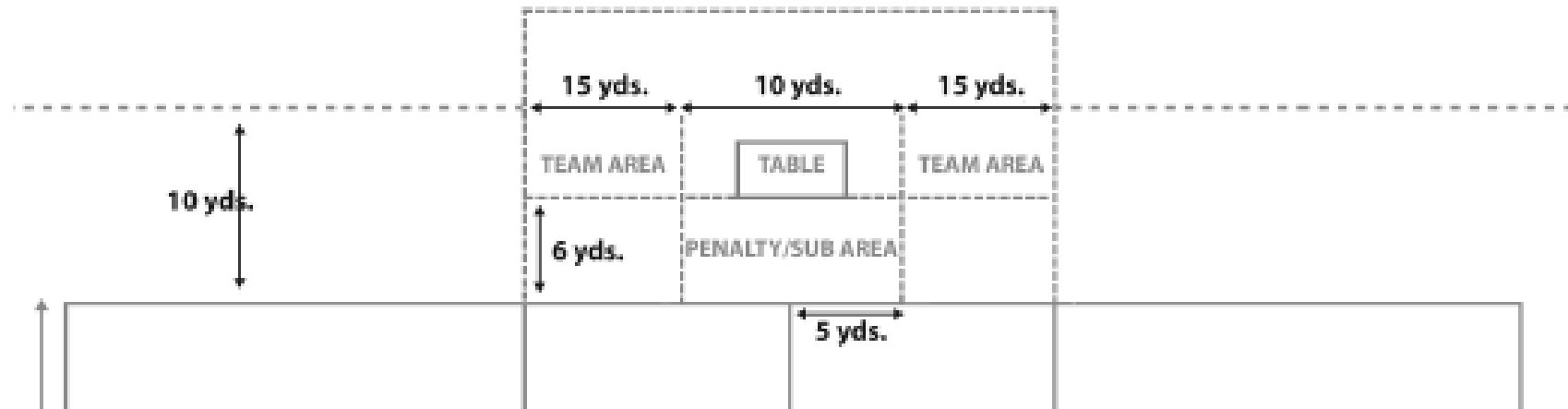
Editorial Changes

2024 NFHS GIRLS LACROSSE



UNIFIED BOYS/GIRLS FIELD DIAGRAM DIAGRAM 4

- Shortened the length of the penalty/sub area from 20 yards to 10 yards (5 yards on each side of the field) to match the current distance on both the Girls and Boys field diagrams.





UNIFORMS

2-9-3

- Clarified that the uniform number must clearly contrast with the body of the jersey regardless of trim.





OTHER EDITORIAL CHANGES

- 1-1-4b** **Restraining Line** - The restraining line, a solid line 30 yards upfield from each goal line, shall extend the width of the field on a standard field and 25 yards upfield from each goal line on a unified boys/girls field.
- 2-8-1** Electronic equipment may be used...and/or other individuals connected with the team. ~~However, such electronic equipment shall not be used to communicate with the 12 on-field players or any other coach not who are~~ present on the team sideline or coaches' area.





OTHER EDITORIAL CHANGES

2-9-4d

~~NFHS-affiliated schools~~—An American flag,...

4-4-1, 4-4-2

A game is considered legal and complete if ~~80~~ 75 percent of playing time has elapsed.

5-4-2

~~The offender is not required to go 4 meters behind the player taking the free position.~~

7-3-1 PENALTIES 3b

b. The goalie or the deputy may self-start.

10-1 PENALTIES 12b

...will result in a free position awarded to the defense ~~no closer than 8 meters to the goal circle.~~





Points of Emphasis

2024 NFHS GIRLS LACROSSE





STICK TO BODY CONTACT

- Legal and safe use of the crosse is essential for minimizing risk.
- Coaches play an important role in teaching proper and legal stick skills.
- Legal defensive stick positioning is a stick held vertically with the head of the stick above the 10 o'clock and 2 o'clock position.
- Illegal stick-to-body contact occurs when a defender contacts an opponent's body with a stick held in a horizontal position, regardless of who initiated contact.
- Players must not initiate illegal stick-to-body contact by using the stick to hit, push or displace an opponent.
- Officials must recognize, call and penalize illegal stick-to-body contact as required by the rules. Failure to enforce the rules may result in unsafe play and increase the potential for injuries.
- Proper coaching, appropriate play, and diligent officiating regarding legal use of the stick will together minimize risk and maintain the integrity of the game.





DANGEROUS PLAY IN THE 8-METER ARC

- There is high potential for dangerous play and injuries within the 8-meter arc. This can be due to:
 - The proximity of players,
 - The speed of players moving through the 8-meter arc,
 - Aggressive actions by attack players and defenders, and/or
 - Shots being taken.
- Players can play safely in this area by:
 - Maintaining control of their stick and body,
 - Avoiding illegal stick-to-body contact,
 - Shooting safely, and
 - Not pushing opponents.
- Officials must be in the proper position to effectively officiate play in the 8-meter arc.
 - Lead officials must focus on the ball carrier and their defender.
 - Trail officials must be aware of play while focusing off-ball then follow the action – shooter and defender immediately after a shot.





DANGEROUS PLAY IN THE 8-METER ARC

- Officials must always be watchful for dangerous follow-throughs, dangerous propelling, and dangerous shots that heighten the risk of injury of defenders and goalkeepers.
- Controlled and safe play in the 8-meter arc coupled with effective officiating can significantly decrease injuries while maintaining the pace of play and the integrity of the game.





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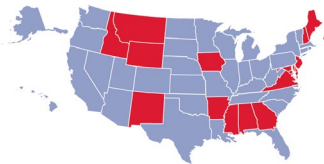




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